

Supplementary Material 5. Included Paper Characteristics and Outcomes

Title	First Author	Year Published	Country	Sample size	Age Years (SD)	% Men	Study Design	Markers of Health						Health Behaviours			Methodological Quality Assessment
								BMI (kg/m <sup>2</sup> )	Circumference (waist, hip, abdominal, neck)	Blood Pressure (incl. hypertension)	Blood Profile (incl. diabetes)	Mental Health	Other	Diet	Physical Activity	Addictive Behaviour	
Cigarette smoking and dental caries among professional truck drivers in Mexico.	Aguilar-Zinser	2008	Mexico	824	35.5(10)	100%	Cross sectional	-	-	-	-	-	-	-	-	Current smokers: 49.2% (mean duration 12yrs, mean no. 4.1/day) Ex-smoker: 23.2% Never: 27.6%  Self-reported	Good
The Cognitive and Psychological Factors (Personality, Driving Behavior, and Mental Illnesses) As Predictors in Traffic Violations	Alavi	2017	Iran	800	46.7(11)	100%	Prospective Cohort	-	-	-	-	depression ↑ violation (OR 3.1, CI 1.3-8.1) / anxiety disorder ↑ traffic violation (OR = 4.2, CI 1.2-15.9)  Self-reported	-	-	-	-	Fair
Primary health care needs for a priority population: a survey of professional truck drivers	Angeles	2014	Canada	406	<30: 4.5% 30-50: 47% >50: 48.5%	96%	Cross sectional	Overweight 53.2% (CI 48.2-58.2)  Self-reported	-	-	Diabetes: 7%  Self-reported	-	Heart disease: 4.1% Stroke: 0.6% Perceived health: Fair-poor: 11.4% Good-excellent: 88.6% Health depreciated this year: 10.7%	Poor diet: 48% (CI 43.1–53.1)  Self-reported	Physical Inactivity: 31.1% (CI 25.8-36.7)  Self-reported	Current smoker: 31.5% (CI 27.0-36.3)  High Alcohol Intake: 14.2% (CI 10.2-19.1)  Self-reported	Fair

													Self-reported				
Health survey of U.S. long-haul truck drivers: Work environment, physical health, and healthcare access	Apostolopoulos Study G	2013	United States	316	44.2 (10.7)	100%	Cross sectional	<25: 16.6% 25-29: 9.30% >30: 53.4%  Self-reported	-	-	-	-	Serious health concerns about CV issues: 40%  Perceived health: Poor-very poor: 3.6% Fair: 22.8% Good-very good: 65.9% Excellent: 7.7%  Self-reported	-	No regular exercise: 69.4%  Self-reported	-	Poor
Work and Chronic Disease: Comparison of Cardiometabolic Risk Markers Between Truck Drivers and the General US Population.	Apostolopoulos Study A	2016	United States	115	47.8(9.7)	100%	Cross sectional	33.4(6.7)  Objectively measured	Waist: 115(16.2)cm  Objectively measured	129.3(19.3) / 82.8(11.4)  Objectively measured	HDL: 35.1(10.7)mg/dL  LDL: 113.7(27.6)mg/dL  Total Chol: 168.2(30.2)mg/dL  Triglycerides : 164.1(91.8)mg/dL  Glucose: 86.3(26.8)mg/dL  Diabetes diagnosis: 18.3%	-	Metabolic syndrome: 73.7%  CV health problem/CHD: 4.3%	-	-	-	Good

											Objectively measured						
Work organization, sleep and metabolic syndrome among long-haul truck drivers	Apostolopoulos Study A	2017	United States	262	46.6(10.5)	100%	Cross sectional	-	Waist: 115(16.2)cm  >102cm: 79%  Objectively measured	129.3(19.3) / 82.8(11.4)  Objectively measured	Triglycerides : 164.1(91.8) >150 50%  HDL: 35.1(10.7) <40mg/dL: 66%  Glucose: 92.1(26.3) >110mg/dL 17%  Objectively measured	-	Prescribed medicine : 60%  To treat: BP: 25% CV: 13% Cholesterol: 7% Diabetes: 5%  Metabolic syndrome: 58%	-	-	-	Good
Effects of particulate air pollution on blood pressure in a highly exposed population in Beijing, China: a repeated-measure study.	Baccarelli	2011	China	60	33.5 (5.65)	66.7 %	Case-Control	24.3  Method not reported	-	116.3 (13.3) /80.2 (9.7)  Objectively measured	-	-	-	-	-	Current smoker: 40% Ex-smoker 3.3% Never smoked: 56.7%  Packs/yr of smoking: 11.7  Regular drinkers: 51.7% Irregular drinkers: 48.3%  Self-reported	Poor
Health Risks of American Long-Distance Truckers: Results From a Multisite Assessment	Bachmann	2018	United States	266	45.6	96.6 %	Cross sectional	32.8 (range 18-55)  Objectively Measured	-	135/86  Hypertensive : 39.8%  Borderline: 7.9%  Normal: 52.8%  Objectively measured	Cholesterol checked: 77.3%  Total Chol: 169mg/dL (range 100-272mg/dL)  High cholesterol: 45.8%	-	Fair/poor health: 22.5%  History of MIs: 5.6%	-	No exercise in 30 days: 39.5%	Used drugs within 3 months: 2.6%	Fair

											Diabetes: 20.5% (>6.5% HbA1c)							
Predicting fruit and vegetable consumption in long-haul heavy goods vehicle drivers: Application of a multi-theory, dual-phase model and the contribution of past behaviour	Brown	2018	Australia	212	45.2(11.9)	100%	Cross sectional	30.9(8.1)  Method not reported	-	-	-	-	-	-	Fruit/ veg: 3.83 portions/day	-	-	Poor
Health problems, hypertension and predisposition to stress in truck drivers	Cavagioni  Study D	2009	Brazil	258	37.5	100%	Cross sectional	-	-	Hypertensive : 37%  Objectively measured	-	Nervous/tense /worried: 56%  Unhappy: 38%  Difficulty decision making: 30%  Shaky hands: 23%  Trouble thinking clearly: 20%  Possible mental disorders: 33%	-	-	-	Current smokers: 19%  Alcohol consumption: 55%  Use sleep inhibitors: 57%	Poor	
Hypertension and obesity among professional drivers who work transporting loads	Cavagioni  Study D	2010	Brazil	258	37.5 (10.0)	100%	Cross sectional	28.9  <25: 18.2% 25-29.9: 45.3% >30: 36.5%  Objectively measured	<94cm: 41.5% 94-102cm: 27.1% >102cm: 31.4%  Objectively measured	Hypertensive (>140/90): 37.2%  Objectively measured	Total Chol: 188.2mg/dL >200mg/dL: 33%  LDL: 109.4mg/dL >130mg/dL: 25.2%  HDL: 49.3mg/dL <60 84.1%  Triglycerides : 158.5mg/dL >150mg/dL: 38.3%	-	-	-	Regular PA (30 mins/day): 26% Sedentary: 74%	Current smokers: 19%  Alcohol consumption: 55%  Use sleep inhibitors: 57%	Fair	

											Glucose: 89.9mg/dL >110mg/dL: 7%						
Prevalence of affective states in Australian truck and train drivers	Chalmers	2016	Australia	49	36.5(9.7)	91.8%	Cross sectional	28.5(3.4) Self-reported	-	-	-	Truck Drivers vs. normative values: Tension-anxiety (12.8 vs. 7.1) Anger-aggression (10.2 vs. 7.1) Fatigue-inertia (13.0 vs. 7.3) Depression-dejection (16.3 vs. 7.5) Confusion-bewilderment (10.0 vs. 5.6) Vigour-activity (11.1 vs. 19.8) Total mood disturbance (51.3 vs. 14.8)	-	-	-	-	Poor
Factors Associated with Hypertension Among Truck Drivers: A Cross Sectional Study at A Check Post on A National Highway in South India	Chankaramangalam	2017	India	175	39.4 (range 22-67)	-	Cross sectional	>25: 49.1%  Objectively Measured	-	Hypertensive (>140/>90): 40%  Objectively measured	-	-	Family history of chronic disease: 85.7%	-	Physically inactive (<150mins/week): 72%	Daily smokers: 44%	Good
Stressful work, psychological job strain, and turnover: a 2-year prospective cohort study of truck drivers	Croon	2004	Netherlands	820	39.1(9.4)	-	Prospective cohort	-	-	-	-	Job control (0-100, low score = negative): 46.4(20.4)  Psychological job demand (0-100, high score = negative): 45.0(16)  Physical job demand (0-100, high score =	-	-	-	-	Good

												negative): 34.9(22)  Supervisor job demands (0-100, high score = negative): 27.2(19.4)  Need for recovery after work: 35.7(32.6)  Fatigue: 49.0(21.9)					
Associations between weight change since 20 years of age and sleep-disordered breathing among male truck drivers.	Cui	2009	Japan	5320	44.7(9.3)	100%	Retrospective cohort	24.8(3.6)  Self-reported	-	129.7(14)/69.1(30)  Hypertension : 30% (Medication 10.4%)  Self-reported	-	-	-	-	-	Current smoker: 65.7%  Alcohol: 54.4%	Fair
Relationships between sleep-disordered breathing and blood pressure and excessive daytime sleepiness among truck drivers.	Cui  Study M	2006	Japan	1313	3% O <sub>2</sub> desaturation index:  0-4: (n=976) 42.2(0.3)  5-14: (n=249) 47.0(0.7)  >15: (n=88) 47.3(1.2)	100%	Cross sectional	24  3% O <sub>2</sub> desaturation index: 0-4: 23.2(0.1)  5-14: 25.6(0.2)  >15: 28.5(0.3)  Self-reported	-	3% O <sub>2</sub> desaturation index: 0-4: 126.4(0.5)/78.5(0.7) 5-14: 128.8(1.0)/83.2(1.4) >15: 131.5(1.6)/85.4(2.3)  Hypertension (>160/>95/use of antihypertension medication) 3% O <sub>2</sub> desaturation index: 0-4: 11.7% 5-14: 14%	-	-	-	-	-	Current smokers: 3% O <sub>2</sub> desaturation index: 0-4: 66% 5-14: 61% >15: 59%  Ethanol intake (g/day): 3% O <sub>2</sub> desaturation index: 0-4: 22.9(1.2) 5-14: 30.0(2.4) >15: 27.5(3.9)	Fair

										>15: 32.1% Self-reported							
Risk factors for depression in truck drivers	da Silva-Junior	2009	Brazil	300	37.8(9.3)	100%	Cross sectional	-	-	Hypertension : 15.7%  Self-reported	Diabetes: 4.7%  Self-reported	Depression: 13.6%  Of which: Minimal: 58.5% Mild: 22% Moderate: 14.6% Severe: 4.9%  Self-reported	Comorbidities: 18%  Self-reported	-	-	Current smokers: 25.6%  Consumed alcohol during work: 48.3%  Observed colleagues consume alcohol during work: 88.6%  Use stimulants: 35%  Aware of colleagues using stimulants: 90.6%  Self-reported	Poor
Prevalence of metabolic syndrome among Iranian occupational drivers.	Ebrahimi	2016	Iran	1018	42.5(10.5)	100%	Cross sectional	26.3(4.1)  Objectively Measured	Waist: 96.4(10.9) cm  WHR: 0.95(0.25)  Objectively Measured	121.3(8.6)/76.9(9.3)  Objectively Measured	Triglycerides : 167.5(66.0) mg/dL  HDL: 47.2(9.6)mg/dL  LDL: 150.4(39.9) mg/dL  Fasting blood sugar: 98.7(24.7)mg/dL  Diabetes: 7.1%  Objectively Measured	-	-	-	-	Current smoker: 72.9%	Poor

Occupation and the prevalence of current depression and frequent mental distress, WA BRFSS 2006 and 2008.	Fan	2012	United States	804	-	90%	Cross sectional	-	-	-	-	Current depression: 14.6% (CI 6.7-22.5%)  Frequent mental distress: 11.9% (CI 6.9-16.9%)	-	-	-	-	Poor
Excessive daytime sleepiness and alcohol consumption among commercial drivers	Filomeno Study M	2019	Japan	1422	43	100%	Cross sectional	Non-drinkers: 24.3(4.3) <0.5g alcohol/kg body weight: 24.1(3.4) 0.5- <1.0g alcohol/kg body weight: 23.7(3.0) >1.0g alcohol/kg body weight: 23.2(2.7)  Self-reported	-	-	-	-	-	-	-	Heavy drinkers: 7% Moderate drinkers: 22% Light drinkers: 25% Non-drinkers: 46%  Self-reported	Fair
Association between Physical Activity, Educational Level and Food Intake Profile among Truck Drivers	Franzini Codarin Study H	2010	Brazil	470	39	-	Cross sectional	Overweight: 62.4%  Of which: Obese: 28.4%  Self-reported	-	-	-	-	-	-	Inadequately active: 53.1%  Of which: Sedentary: 54.2%  Self-reported	Consume alcohol: 67.1%  ≤2x a week: 65.6%  Self-reported	Fair
Chronic disease risks and use of a smartphone application during a physical activity and	Gilson Study C	2016	Australia	44	47	100%	20-week intervention	>30: 68%  Objectively	>94cm: 97%	>140: 63% >90: 49%  Objectively measured	-	-	On medication/ had a medical	≥2 fruits/day: 93%	Inactive (<500 MET mins week): 75%	-	Fair



dietary intervention in Australian truck drivers.								Measure d	Objectivel y Measured					condition : 45%	≥6 veg/day: 16%	Hours sat/workda y: 9.1  Mean daily steps: 8,743		
The impact of an m-Health financial incentives program on the physical activity and diet of Australian truck drivers	Gilson  Study C	2017	Austral ia	19	44.4(1 0)	100%	20-week interventio n	31.2(4.6)  Objectiv ely Measure d	Waist: 109(10)cm  Objectivel y Measured	142(12) / 87(11)  Objectively measured	-	-	Health status: Fair: 24% Good: 41% Very good: 35%	Mean fruit/veg before interventi on: 4(1)portio ns/day  Mean fruit/veg after interventi on: 5(1)portio ns/day	-	Current smoker: 32% Ex-smoker: 21% Never 47%  Meeting alcohol daily guidelines <2units/day: 68% Exceeding limit >2units/day: 32%	Good	
Working conditions and sleepiness while driving among truck drivers	Giroto	2019	Brazil	670	41.9	100%	Cross sectional	28.8(4.7)  Self- reported	-	-	-	-	-	-	-	Current smoker: 25.2%  Illicit psychoactive substances: 10.9%  Interview	Poor	
U.S. truck driver anthropometric study and multivariate anthropometric models for cab designs	Guan	2012	United States	195 0	-	91.2 %	Cross sectional	Males 33.25 Females 34.25  Objectiv ely Measure d  Objectivel y Measured	Waist:  Males: 108.9(15.4 )cm  Females: 102.0(14.8 )cm	-	-	-	-	-	-	-	Fair	
Sleep quality, obstructive sleep apnea, and psychological distress in truck drivers: A cross-sectional study	Guglielmi	2018	Italy	526	45.9(9 .4)	100%	Cross sectional	26.8(3.3)  Self- reported	-	-	-	Psychological distress: 19.8%  Self-reported	-	-	-	-	Poor	

Social Cognitive Antecedents of Fruit and Vegetable Consumption in Truck Drivers: A Sequential Mediation Analysis	Hamilton	2015	Australia	148	44.8(11.8)	100%	Cross sectional	31.4(7.8)  Overweight >25: 82%  Obese >30: 51%  Self-reported	-	-	-	-	-	-	-	-	-	Poor
Effect of Co-Driver on Job Content and Depression of Truck Drivers	Hatami	2019	Iran	70	39.86(8.82)	-	Intervention Case control	-	-	-	-	Depression is more likely without co-driver	-	-	-	-	-	Fair
A Pilot Study of Sleep, Work Practices, Visual Processing Speed, and 5-Year Motor Vehicle Crash Risk Among Truck Drivers.	Heaton	2017	United States	23	56	91%	Cross sectional	33.2  Methods not reported	Neck: 16.73"	Hypertension : 60.9%  Methods not reported	Diabetes: 17.4%	-	-	-	-	-	Poor	
Occupational health disparities among U.S. Long-haul truck drivers: The influence of work organization and sleep on cardiovascular and metabolic disease risk	Hege  Study A	2018	United States	262	46.6(10.5)	100%	Cross sectional	33.40(7.22)  >25: 88.9%  Objectively Measured	-	128.9(18.6) / 81.4(11.3)  >140: 26.2%  >90: 20.8%  Objectively measured	Total Chol: 168.2(30.2) mg/dL  >200mg/dL: 11.4%  HDL: 35.1(10.7)mg/dL  <40mg/dL: 65.2%  Glucose: 92.1(26.3)mg/dL  >100mg/dL: 27%	-	≥3 metabolic syndrome characteristics: 58%	-	Inactive/sedentary: 39.4%	Current smoker: 39.6%	Good	
The work organization of long-haul truck drivers and the association with body mass index	Hege  Study A	2016	United States	260	46.63(10.5)	100%	Cross sectional	33.4  <24.9: 10.4% 25-29.9: 25.4%	-	-	-	Work pace fast: 46.2% Time pressure high: 51.2% Repetitive work high: 81.9%	-	-	-	-	Good	

								30-39: 9 45.8% >40 18.4%				Learn new things often: 40.4% Supervisor support high: 72.7% Co-worker support high: 35.8% Perceived stress high: 22.3%  Self-reported					
US long-haul truck driver work organization and the association with cardiometabolic disease risk	Hege Study A	2017	United States	260	46.6(10.5)	100%	Cross sectional	33.40(7.22)  <24.9: 10.4% 25-29.9: 25.4% 30-39.9: 45.8% >40: 18.4%	Waist: 114.77(16.56)cm  Abdominally obese (>102cm): 78.5%  Objectively Measured	-	-	-	-	-	-	-	Good
The Impact of Work Organization, Job Stress, and Sleep on the Health Behaviors and Outcomes of U.S. Long-Haul Truck Drivers	Hege Study A	2019	United States	260	-	100%	Cross sectional	-	-	Hypertension : 33.6%  Self-reported	High cholesterol: 28.2%  Diabetes: 17.2%  Self-reported	Sometimes/al ways had a fast work pace: 68% Sometimes/al ways experienced time pressure: 77.7% Moderate-to-chronic level of stress as a result of the job: 62.5% Diagnosed with mental health complication: 23.6%	At least one physical health complication: 51.1%	-	Sedentary: 40%	Current smokers: 48.6%  Alcohol use: 48.6%	Good

												Anxiety: 7.7%, Depression: 12.7%					
The impact of mental health symptoms on heavy goods vehicle drivers' performance	Hilton	2009	Australia	1324	18-24: 2.1% 25-34: 13.5% 35-44: 31.9% 45-54: 32.9% 55-64: 17.6% >65: 2%	98.3%	Cross sectional	-	-	-	-	Depression: 6% Anxiety: 2.3% Stress: 1.1% Depression & anxiety: 1.6% Depression & stress: 2.3% Anxiety & stress: 0.6% Depression, anxiety & stress: 3.4% None: 82.7%  Self-reported	-	-	-	-	Poor
Smoking behavior in trucking industry workers	Jain	2006	United States	1130	56.3(8.5)	100%	Cross sectional	-	-	-	-	-	-	-	-	Current smokers: 18% Ex-smokers: 49% Never smoked (<20 packs in a lifetime/<1 cig/day/year): 33%  Self-reported	Fair
Excess workload and sleep-related symptoms among commercial long-haul truck drivers	Kanazawa	2006	Japan	1004	41.8(9.0)	100%	Cross sectional	24.4(3.3)  Obese (>25): 38.4%  Self-reported	-	-	-	-	GHQ-12 score >2: 25.1%  Self-reported	-	Didn't exercise habitually: 70.2%  Self-reported	Drank >5 days/week: 27%  Self-reported	Fair
Health and socio-demographic profile of transport workers	Kartikeyan	2004	India	67	18-25: 18% 26-40: 51% >41: 31%	100%	Cross sectional	-	-	Hypertensive : 3%  Objectively measured	Diabetes: 1.5%  Self-reported	-	No health complaints: 3%  Self-reported	-	-	Current smoker: 25.37%  Chewed tobacco: 86.56%  Heavy alcohol consumers (75g	Fair

																	alcohol/day): 50.75%	
																	8.95% not addicted to alcohol/tobacco	
																	Self-reported	
Health habits and risk factors among truck drivers visiting a health booth during a trucker trade show	Korelitz	1993	United States	3298	Males only: <30: 19.5% 31-40: 34.1% 41-50: 29.4% 51-60: 13.3% >60: 1.7%	91.7%	Cross sectional	<25: 24.8%  25-29.9: 40.6%  >30: 33.4%  Self-reported	-	Hypertensive : 33%  >160/>95: 11%  Objectively measured	-	-	-	Snacks per day: One: 21.5% Two: 39.4% Three: 22.3% More: 13.6%  Meals per day: One 31% Two 51% Three 14.6% More 1.7%  Self-reported	Never exercise: 49.6%  Sometimes exercise: 39.5%  Regularly exercise: 8%  Self-reported	Smoker >1 pack/day: 36.7% Smoker <1 pack/day: 17.3%, Ex-smoker: 6.1% Never smoked: 37.7%  Current drinker: 59.2%  CAGE drinker: Feel you should cut down: 13% Annoyed by criticism: 5.5% Guilty about drinking: 3% Need drink in morning: 1.3%  Self-reported	Fair	
Cross-sectional study of the health of southern African truck drivers	Lalla-Edward	2019	South Africa	614	Median (IQR): 37(31-42)	100%	Cross sectional	Obese: 29% Overweight: 40% Healthy weight: 30% Underweight: 1% Objectively Measured	Waist circumference: 87cm  Hip circumference: 101cm  Neck circumference: 37cm  Objectively Measured	Median (IQR): 131 (18) / 83 (13)	Median (IQR): HDL: 1.2(0.43) mmol/L LDL: 2.7(1.11) mmol/L Total Chol: 4.39(1.23) mmol/L Triglycerides : 1.33(1.13) mmol/L Glucose:	-	Depression: Minimal: 67% Mild: 25% Moderately severe: 1%  Self-reported	At least two soft drinks/day: 78% At least one snack a day: 71% Fruit at least two/day: 57% Vegetables at least two/day: 46%	Physical activity at least two times a week: Mild: 13% Moderate: 20% Strenuous: 41%  Self-reported	Current smokers: 10% Ever smoked: 15%  Current alcohol use: 33% Drinks daily: 10%  Marijuana ever smoked: 5% Marijuana currently smoke: 4%	Fair	

											5.2(1.7) mmol/L  Objectively Measured			Self- reported		Self-reported	
Health and gender comparisons in the long-haul trucking industry: a pilot study.	Layne	2009	United States	50	M = 50 F = 47	50%	Cross sectional	-	-	-	-	-	-	-	Never exercise: 60% M, 58% F  Exercise 1-2xweek: 28% M, 25% F  Exercise ≥3xweek: 12% M, 17% F  Self-reported	Current smokers: 40% M, 60% F  Ex-smoker: 24% M, 4% F  Never smoked 36% M, 36% F  Self-reported	Poor
Work, sleep, and cholesterol levels of U.S. long-haul truck drivers.	Lemke  Study A	2017	United States	262	46.6(10.5)	100%	Cross sectional	-	-	-	HDL: 35.1(10.7)mg/dL LDL: 113.7(27.6)mg/dL Total Chol: 168.2(30.2)mg/dL Triglycerides : 164.1(91.8)mg/dL  Objectively Measured	-	-	-	-	-	Good
Trends in the use of psychoactive substances by truck drivers in São Paulo State, Brazil: A timeseries cross sectional roadside survey (2009–2016)	Leyton	2019	Brazil	4110	42.1	100%	Repeated cross sectional	-	-	-	-	-	-	-	-	Tested positive for drugs: 7.8% Cocaine: 3.6%, Amphetamine: 3.4%, Marijuana: 1.4%  Objectively Measured	Good

Risk Factors for Cardiovascular Disease, Metabolic Syndrome and Sleepiness in Truck Drivers	Mansur	2015	Brazil	2228	43.1(10.8)	100%	Repeated cross sectional	>25 2006: 58.5% 2007: 19.8% 2011: 64.5%  Objectively measured	Waist >109cm: 2006: 52.8% 2007: 19.8% 2011: 52.8%  Abdominal >102cm: 2006: 52.8% 2011: 52.8%  Neck: >40cm: 2006: 11.1% 2011: 13.9%  Objectively measured	Hypertension (>140/90 or on medication): 2006: 36.3% 2011: 25.9%  Objectively measured	Dyslipidaemia (Total chol >240mg/dL / triglycerides >200mg/dL / LDL >130mg/dL / or using lipid lowering medication): 2006: 4.4% 2011: 13.7%  Diabetes (diagnosed/fasting glucose >126mg/dL): 2006: 14.4% 2011: 11%  Objectively measured	-	-	-	-	Current smoker: 2006: 19.1% 2011: 17.7%  Consumes alcohol: 2006: 36.6% 2011: 23%  Uses illicit drugs: 2006: 4.1% 2011: 8.1%  Self-reported	Good
Effects of irregular-shift work and physical activity on cardiovascular risk factors in truck drivers.	Marqueze Study I	2013	Brazil	57	39.8	100%	Cross sectional	Normal: 36.8%  Overweight: 43.9%  Obese: 19.3%  Objectively Measured	Waist: <90cm: 42.1% >90cm: 57.9%  Waist-hip ratio: Low risk (<0.90): 40.4% High risk (>0.90): 59.6%  Objectively Measured	Systolic: <140: 67.3% >140: 32.7%  Diastolic: <90: 61.5% >90: 38.5%  Objectively measured	Total Chol: <190mg/dL: 50.9% >190mg/dL: 49.1%  LDL: <115mg/dL: 47.2% >115mg/dL: 52.8%  HDL: >40mg/dL: 50.9% <40mg/dL: 49.1%  Triglycerides : <150mg/dL: 58.5% >150mg/dL: 41.5%  Glycemia:	-	-	-	Insufficiently active (<10 min/wk): 66.7%  Moderately active (10-150min/wk) : 17.5%  Physically active (>150min/wk): 15.8%  Self-reported	Current smoker: 15.8%	Fair

											<110mg/dL: 92.5% >110mg/dl: 7.5%						
											Objectively measured						
Leisure-time physical activity does not fully explain the higher body mass index in irregular-shift workers	Marqueze  Study I	2014	Brazil	57	39.8	100%	Cross sectional	Day shift: 26.4  Irregular shift: 28.4  Objectively Measured	Waist: Day shift: 89.9cm Irregular hours: 97.0cm  Waist-hip ratio: Day shift: 0.90 Irregular shift: 0.95  Neck: Day shift: 38.9cm Irregular shift: 40.1cm  Objectively Measured	-	Insulin: Day shift: 288.4pg/mL Irregular hours: 265.6pg/mL  Objectively Measured	-	-	Leptin: Day shift: 3179pg/mL Irregular shift: 5205.4pg/mL  Objectively Measured	LTPA: Day shift: insufficiently active (<10mins/week): 88.5% Moderately active (10-149mins/week): 7.7% Physically active (>150 mins/week): 3.8% Irregular shift: Insufficiently active: 48.4% Moderately active: 25.8% Physically active: 25.8%  Walking in LTPA: Day shift: No: 92.3% Yes: 7.7%  Irregular shift: No: 64.5% Yes: 35.5%  Self-reported (IPAQ)	Smoking: Day shift: No: 88.5% Yes: 11.5% Irregular shift: No: 83.9% Yes: 16.1%  Alcohol: Day shift: No: 34.6% Yes: 65.4% Irregular shift: No: 45.2% Yes: 54.8%  Self-reported	Good
The impact of overweight and obesity	Martin	2009	United States	2849	45.2(10.4)	-	Retrospective Cohort	32(7.3)	-	128(13.1)/81(8.6)	Hyperlipidaemia: 21%	-	-	-	-	-	Fair



on the direct medical costs of truck drivers								Objectively Measured		Hypertension : 41% Objectively measured	Diabetes: 16%						
Prudent diet is associated with low sleepiness among short-haul truck drivers	Martins	2019	Brazil	52	-	76.9 %	Cross sectional	>60% Overweight/obese  Self-reported						Average calorie intake: 2698.5 kcals/day  24-hr dietary recall		Current smokers: 15.3% Quit smoking: 21.1%  Drink alcohol on special occasions: 51.9%  Self-reported	Fair
Short sleep is associated with obesity among truck drivers	Moreno	2009	Brazil	4878	40(10)	100%	Cross sectional	27.8(4.5)  Method Not reported	-	<30BMI: 10.6% hypertension  >30BMI: 21.5% had hypertension  Self-reported	<30BMI: >240mg/dl: 14.9%  >30BMI: >240mg/dl: 23.1%  Objectively measured	-	On medication: 24.6%  Cardiopathy: <30BMI: 4.3% >30BMI: 5.8%	-	-	Current smoker: <30BMI: 31.8% >30BMI: 25.9%  Consumed alcohol: 51.1%	Poor
Postural sway, working years and BMI in healthy truck drivers: an observational study	Ohlendorf	2017	Germany	180	46.5(10.7)	98.3 %	Cross sectional	29.1(5.6)  18.5-25: 29.9% 25-29.9: 38.9% 30-34.9: 26.1% 35-39.9: 8.3% >40: 2.8%  Objectively Measured	-	-	-	-	-	-	-	-	Poor
A new health promotion model for lone workers: results of the Safety & Health Involvement For	Olson	2009	United States	29	48.4(10.1)	79%	Intervention	38.9(7.1)  Objectively	Waist: 118.6cm Waist-hip ratio: 0.94 Neck:	131.8/81.5  Objectively measured	Total Chol: 196mg/dL HDL: 47mg/dL	Work-strain-sleep: 12.29 (no units)	Overall health state: 62.05 (no units)	Fruit/veg portion/day: 3.05	-	-	Fair

Truckers (SHIFT) pilot study								Measure d	47.1cm  Objectivel y Measured		LDL: 116.9mg/dL Triglycerides : 159.4mg/dL Glucose: 95.8mg/dL  Objectively Measured	Work-strain- fatigue: 17.27 (no units)  Self-reported	Self- reported	% calories from fat: 36.6%  Self- reported			
Sleep, dietary, and exercise behavioral clusters among truck drivers with obesity: Implications for Interventions	Olson  Study E	2016	United States	452	47.8(1 1.4)	86.4 %	Interventio n	37.2(8.1)  Body fat: 36.8(9.0) %  Objectiv ely measure d	Waist: 117.1(16.8 )cm  Waist-hip ratio: 0.96(0.08)  Objectivel y measured	125.6(14) / 80.6(10)  Hypertension : 34.2% Of which: Medication: 78.4%  Objectively measured	Total Chol: 4.8(1.1)mmo l/L HDL: 1.0(0.3)mmo l/L LDL: 2.8(0.9)mmo l/L Triglycerides : 2.1(1.3)mmo l/L Fasting triglycerides: 1.8(1.1)mmo l/L Glucose: 5.7(1.9)mmo l/L  Objectively measured  Diabetes: 12.4% Of those: Medication: None: 11.3% Oral medication: 86.8% Oral and insulin: 1.9%	-	Metaboli c syndrom e risk factors: 0: 2.2% 1: 11.9% 2: 25.2% 3: 31.6% 4: 24.8% 5: 4.2%  Metaboli c syndrom e: 73.7%	-	-	Current smoker (in last month): 30.2%  Self-reported	Good
Weight control intervention for truck drivers: The SHIFT	Olson  Study E	2016	United States	452	47.8(1 1.4)	86.4 %	Interventio n	Control: 35.4(0.6)	Waist: Control: 44.27(0.5) cm	Control: 125.3(1.2)/8 0.5(1)	Total Chol: Control: 180.1(3.8)m g/dL	-	-	Daily fruit/veg: Control: 2.9(0.08)	Days/week 30min PA: Control: 1.39(0.11)	Smoker past month: Control: 29.3%	Good

Randomized controlled trial, United States								Intervention: 35.7(0.6)  Objectively measured	Intervention: 44.4(0.5)cm  NP reported in cm, but must be an error  Waist-hip ratio: Control: 0.94(0.01) Intervention: 0.94(0.01)  Objectively measured	Intervention: 128(1.3)/81.5(1)  Hypertension : Control: 28.1% Intervention: 40.2%  Objectively measured	Intervention: 184.9(3.5)mg/dL HDL: Control: 40.4(1)mg/dL Intervention: 38.7(1)mg/dL LDL: Control: 107.9(3.3)mg/dL Intervention: 110.7(2.8)mg/dL Triglycerides : Control: 178.9(11.8)mg/dL Intervention: 187.6(9.7)mg/dL  Objectively measured  Diabetes: Control: 13.1% Intervention: 11.8%			Intervention: 2.63(0.08)  % energy from fat: Control: 33.3(0.4) Intervention: 33.6(0.3)  Sugary snacks: Control: 4.15(0.04) Intervention: 4.14(0.05)  Sugary drinks: Control: 4.58(0.05) Intervention: 4.68(0.05)  Fast food: Control: 4(0.04) Intervention: 4.68(0.05)  Self-reported	Intervention : 1.19(0.1)  Self-reported	Intervention: 31%  Self-reported	
Stress among package truck drivers	Orris	1997	United States	303	-	95%	Cross sectional	-	-	-	-	Global severity index T-score 64.2(11) (91 <sup>st</sup> percentile)  Depression T-score 62.4(10.7) (87 <sup>th</sup> percentile)  Anxiety T-score	-	-	-	-	Good

											61.0(11.4) (84 <sup>th</sup> percentile)  Daily stress inventory (reaction to stress) T-score 51.8(10.2) (54 <sup>th</sup> percentile)  Stressor frequency T- score 55.8(9.7) (69 <sup>th</sup> percentile)  Sensitivity to events T-score 55.2(9.3) (67 <sup>th</sup> percentile)  Self-reported						
Health on the road: issues faced by female truck drivers	Reed	2003	United States	284	46	0%	Cross sectional	-	-	Hypertension : 15.5%  Self-reported	Diabetes: 4.2%  Self- reported	Job demands more than they could handle: 26.1%  Pressure to get job done in fewer hours at least several times a month: 57.1%  Depression: 8.5%  Self-reported	-	-	-	-	Poor
Obesity, hypertension and diabetes among truck drivers in the middle-west, Brazil	Reis	2017	Brazil	155	41	100%	Cross sectional	28.3(4.6)  <25: 19.4%  25-29.9: 52.3%	-	126.4(0.9)/8 4.1(0.8)  Diagnosed hypertension : 14.8%  Stage 1 hypertension	Diagnosed hypercholest erolemia: 3.8% Family history of hypercholest erolemia: 1.9%	-	Diagnose d heart disease: 0.6%  Family history of heart	Unhealthy diet: 58.3%  Self- reported	No regular physical activity: 80%  Self- reported	Current smokers: 30.3%  Frequent alcohol: 51%  Self-reported	Fair

							Obese class 1 (30-35): 17.4%  Obese class 2 (35-40): 7.7%  Obese class 3 (>40): 1.9%  Objectively measured		: (140-159 x 90-99) 17.4%  Stage 2 hypertension : (160-179 x 100-109): 1.9%  Objectively measured	Random glucose levels: 125.03(57.6) mg/dL High glucose levels (>200mg/dL) : 11%  Objectively measured  Diagnosed diabetes: 4.5% Family history of diabetes: 18.7%		disease: 3.2%  Self-reported					
Prevalence and Co-Occurrence of Internalizing and Externalizing Depression Symptoms in a Community Sample of Australian Male Truck Drivers	Rice	2018	Australia	91	40.2(13)	100%	Cross sectional	-	-	-	-	Sad: 46.2%  Diminished self-confidence: 40.7%  Fatigue 39.6%  Need to handle problems on my own: 34.1%  Psychomotor agitation: 28.6%  Concentration difficulty: 28.6%  Feeling under constant pressure: 27.5%	-	Appetite disturbance: 25.3%  Self-reported	-	Excessive drinking: 14.3%  Alcohol/drugs make me feel better: 26.4%  Recreational drug use: 3.3%  Self-reported	Poor

												Yelling at people or things: 26.4%  Short fuse: 17.6%  Smashed/punched something: 7.7%  Self-reported					
Occupational health and safety of road haulage company employees	Riva	2018	Italy	673	43.85(9.56)	100%	Prospective cohort	28  >30: 26% >35: 5.4% >40: 1.3%  Objectively Measured	-	Poorly controlled hypertension : 15.3%  Method not reported	Diabetic: 4.2%  Objectively measured	-	-	-	-	Current smoker: 40.1% >20/day: 21.7% Ex-smokers: 27.6% Never smoked: 32.3%  Frequent drinker (>3units/day): 1.3% Infrequent drinker (<3units/day): 33.3% Occasional drinker: 22.1% Non-drinker: 43.3% Self-reported Recreational drug use: 15.6% Use occasionally: 92% Addiction: 12% Tested positive for drugs in urine: 1.3%  Self-reported	Poor
Truck drivers and heart disease in the United States, 1979-1990	Robinson	2005	United States	93,483	-	-	Retrospective cohort	-	-	-	-	-	Highest risk for heart disease & lung	-	-	-	Fair

													cancer related deaths occurred amongst younger long-haul truck drivers. Proportionate Mortality Ratio: 109-123				
Depression and sexual risk behavior among long-distance truck drivers at roadside wellness clinics in Kenya	Romo	2019	Kenya	284	36.9(7.9)	100%	Cross sectional	-	-	-	-	PHQ-9: 5.2(5.0)  None/minimal depression: 55.3% Mild depression: 22.8% Moderate-severe depression: 24%  Feel depressed: 40.8% Low self-esteem: 38.3% Suicide/self-harm ideation: 19.4%  Self-reported	-	-	-	53.5% consumed alcohol in the last year 3.2% reported drug use in last year  Self-reported	Fair
The Association Between Cardiovascular Disease Risk Factors and Motor Vehicle Crashes Among Professional Truck Drivers	Ronna  Study K	2016	United States	797	47.2(10.5)	85.9%	Cross sectional	32.9(7.5)  18.5-25: 10% 25-29.9: 27.5% 30-39.9: 47.6% >40: 14.3%	Waist: 113.2(17.3)cm  Objectively measured	131.9(17.4) / 84.3(10.7)  Hypertension : 28.9%  Objectively measured	Total Chol: 191.5(41.2) mg/dL  HDL: 36.6(14.1)mg/dL  Glucose: 121.7(54.8) mg/dL	-	10-year cardiovascular disease risk: 8.9(8.2)%	-	Weekly physical activity: 281(365.9) mins  Regular exercise: 57.7%  No physical activity on a	Current smoker: 49.6%  Consumes alcohol: 58.9%  Self-reported	Poor

							Objectively measured				HbA1c: 5.0(1.2)  Diabetes: 10.7%  Objectively measured				weekly basis: 12.8%  Sitting outside of work: 4.3hrs/day  Self-reported		
Investigating obesity among professional drivers: The high risk professional driver study	Rosso  Study F	2015	Italy	308	42.8(9.7)	-	Cross sectional	27.3  <25: 32.8% 25-29.9: 46% Class 1 obesity (30-34.9): 15.6% Class 2 obesity (35-39.9): 3.6% class 3 obesity (>40): 2%  Self-reported	-	Hypertension medication: 11%  Self-reported	Diabetic treatment: 1%  Self-reported	Anxiety and depression medication: 0.6%  Self-reported	Having attended university or high schools was a protective factor of obesity: OR 0.32  Self-reported	-	-	Current smokers: 39.4%  Self-reported	Fair
Poor weight control, alcoholic beverage consumption and sudden sleep onset at the wheel among Italian truck drivers: A preliminary pilot study.	Rosso  Study F	2016	Italy	335	42.8(9.7)	>99%	Cross sectional	<25: 33.6% 25-30: 54% Class 1 obesity (30-34.9): 15.9% Class 2 obesity (35-39.9): 3.7% Class 3 obesity	-	Antihypertension medication: 9.8%  Self-reported	Diabetes medication: 1.8%  Self-reported	Medication for anxiety and depression: 0.3%  Self-reported	Medication for heart conditions: 1.1%  Self-reported	Eat whilst at work: 85.6%  Eat food prepared at home: 39.9%  Eat meals from restaurants: 33%  Self-reported	-	Consume alcohol during working hours or work breaks: 24.2%  Self-reported	Fair



								(>40): 1.8%  Lower education level had higher BMI: 27.8 vs. 26.3  Self-reported										
Prevalence of cardiovascular risk factors among truck drivers in the South of Brazil.	Sangaleti	2014	Brazil	250	41.9(10)	-	Cross sectional	27.9(3.9)  Normal: 20.8% Overweight: 50% Obese: 30%  Objectively measured	Abdominal : 102.4(10.6)cm  Abdominal >102cm: 58.2%  Objectively measured	132(17)/84.4 (10.3)  Hypertensive : 45.2% Of these: Previous diagnosis of hypertension : 56%  Did not regularly use prescribed antihypertensive medication: 87.6%  Objectively measured	Abnormal glucose levels: 16.4% Of these: Previous diabetes diagnosis: 63%  >50% diagnosed did not regularly use medication  Newly diagnosed with a glucose metabolism disturbance: 5.2%	-	History of early heart disease: 25%  Family history of CVD: 28.4%  Self-reported	-	Sedentary: 72.8%  Self-reported	Current smoker: 20% Of these: >20/day: 47.2%  Consumed alcohol regularly: 66.8%  Stimulant use whilst working: 19.2%  Self-reported	Fair	
Truckies' Nutrition and Physical Activity: A Cross-sectional Survey in Queensland, Australia	Sendall	2019	Australia	231	46 (range 20-71)	99.1 %	Cross sectional	32.3 (range 18.6-69.9)  Self-reported	-	-	-	-	-	Fruit 0 serving: 17% 1 serving: 33% 2 servings: 61% Vegetables 1 serving: 37.5% 2 serving: 25%	No moderate PA/week: 16%  Met minimum 150 mins/week: 30.1%  Self-reported	-	Poor	

														3 serving: 19.6%  Unhealthy food: 1 serving: 28.3% 2 serving: 23% 3 serving: 11.9%  cans of unhealthy drink: 0: 35.9% 1: 33.6% 2: 14.1%  Self-reported			
Morbidity profile of long-distance truck drivers in Hyderabad city, India.	Sharma	2014	India	59	28.5(9.3)	100%	Cross sectional	21.99  >23: >30%  Objectively measured	Waist: 87.44(7.95)cm Hip: 77.67(10.39)cm.  Waist-hip ratio: 1.13 >1.0: 95%  Objectively measured	High systolic: 25.42% High diastolic: 16.95% Aware of their status: 0% Hypertension medication: 0% Prehypertensive: 65%  Objectively measured	Fasting blood sugar: 84.3(37.3)mg/dL.  Diabetes: 3.4%  Objectively measured	Stress/tension : 44%  Fatigue: 30.5%  Insomnia: 56%  Self-reported	Breathlessness: 27%  Self-reported	-	-	Chronic smoker: 44%  Chewable tobacco products: 47.5%  Alcohol addiction: 57.6%  Self-reported	Good
Assessing Sleepiness and Sleep Disorders in Australian Long-Distance Commercial Vehicle Drivers: Self-Report Versus an 'At Home' Monitoring Device	Sharwood	2012	Australia	517	46.1	99%	Cross sectional	30.8 (CI 30.3-31.3)  Overweight 36.4%  Obese 50.5%  Self-reported	-	Hypertension : 18.4%  Hypertension medication: 13.1%  Self-reported	Diabetes: 7.5%  Self-reported	-	Heart disease: 5.4%  Self-reported	-	-	Cigarettes/day: 24(13)  Alcohol: 1-2 days/wk: 58.8% 3-7 days/wk: 20.1%  Drugs: Speed 3.1% Marijuana 2.4% Cocaine 0.6% Heroin 0.4%	Fair

																Self-reported	
Trucking organization and mental health disorders of truck drivers	Shattell Study G	2012	United States	316	44.2(10.7)	100%	Cross sectional	<25: 16.6% 25-29: 30% >30: 53.4%  Self-reported	-	-	-	Perceived mental health: Excellent: 23.2% Good-very good: 65.6% Fair: 9% Poor-very poor: 1.3%  Depression: 26.9%  Loneliness: 27.9%  Chronic fatigue/low energy: 18.9%  Anxiety: 14.5%  Emotional problems: 13%  Past 4 weeks: Tired: 67.4% Fidgety: 43.8% Nervous: 35.4% Headaches: 33% Sad: 27.6%  Self-reported	-	-	-	Alcohol use frequency: Once a month or less: 33.5% 2-4 x a month: 20.6% 2-3x a week: 5.7% ≥4 times a week: 2.2%  Unable to stop drinking: Once a month or less: 6% 2-4x a month: 0.6% 2-3x a week: 0.3%, ≥4x a week: 0.6%  Substance problems: 16.8%  Used in last month: Cannabis: 3.4%, Opioids: 2.5%, Cocaine: 2.2%, Stimulants: 1.9% Sedatives: 1.8% Hallucinogens: 0.3%  Self-reported	Poor
Occupational stressors and the mental health of truckers.	Shattell	2010	United States	60	41	100%	Cross sectional	Complain about being overweight/obese: 8.2%  Self-reported	-	Hypertension : 16.9%  Self-reported	Diabetes: 10.2%  Self-reported	Mental health problems: 18.7%  Stress & anxiety: 11.9% Depression: 6.8%	≥1 physical health problem: 76.3%  Overall physical health:	-	-	Daily use of alcohol (1-12 cans/day): 13.6% Weekly use of alcohol: 23.7% Occasionally using alcohol: 32.2%	Poor

												Overall mental health status: Poor: 1.7% Average: 18.7% Above average: 33.9% Excellent: 42.4%  Family relationship not good/strained /stressful: 23.7%  Friendships not good: 27.1%  No friends: 15.3%  Self-reported	Poor/very poor: 3.4% Average: 23.7% Above average: 45.8% Excellent: 27.1%  Self-reported			Never drink: 23.7%  Use drugs: 88.1% Use daily/every other day: 22.1% Several times per week: 35.6% Once a month: 18.6% Crack: 81.6% Marijuana: 20.3% Cocaine: 17%  Self-reported	
Depression status and associated factors in Chinese occupational truck drivers.	Shen	2013	China	441	22.8	100%	Cross sectional	-	-	-	-	Depression: 52.9 (sig. vs. national average 41.9). Highest in those with <1-year driving experience  Self-reported	-	-	-	-	Fair
Obesity and other risk factors: the national survey of U.S. long-haul truck driver health and injury.	Sieber	2014	United States	1670	48	94%	Cross sectional	20-25: 7.9% 25-30: 22.8% >30: 68.9% of which: >40: 17.4%  Objectively	-	Hypertension medication: 26.3%  Self-reported	High cholesterol medication: 21.7%  Diabetes: 14.4%  Self-reported	-	Heart disease: 4.4%  Self-reported	-	No 30 mins MVPA in past 7 days: 27.1%  Self-reported	Current smoker: 50.7%  Consume alcohol: 61.1%  Self-reported	Fair

								measure d									
Healthcare and the long haul: Long distance truck drivers - A medically underserved population	Solomon	2004	United States	521	22-29: 11% 30-39: 29% 40-49: 35% 50-59: 22% 60-75: 5%	93%	Cross sectional	-	-	Hypertension : 23%  Self-reported	Diabetes: 10%  Self-reported	Diagnosed depression: 9%  Experienced depression in last month: 14%  Self-reported	Diagnosed MIs/CV problems : 6%  Chest pains >30 secs whilst driving in last year: 16%  Current health: Poor: 0.6% Fair: 16% Good: 45% Very good: 30% Excellent: 9%  Insured pps reported previous diagnosis more than uninsured: hypertension (26 vs. 17%), diabetes (14 vs. 5%), high cholesterol (20 vs. 9%)  Self-reported	-	-	Diagnosed drug/alcohol dependency: 2%  Self-reported	Fair

Sleep apnea and hypertension in commercial truck drivers	Stoohs Study J	1993	United States	125	36.4(9.4)	93%	Case control	27.8(5.8)  Obesity = >28  Method not reported	-	Hypertension (>160/>95): 17%  71% of reported hypertension fell into the obese category  Hypertension was significantly less in <28kg/m <sup>2</sup>  Method not reported	-	-	-	-	-	-	Current smoker: 49%	Poor
Traffic accidents in commercial long-haul truck drivers: the influence of sleep-disordered breathing and obesity	Stoohs Study J	1994	United States	90	36.5(8.7)	93%	Cross sectional	29.2(6.6)  Obese drivers (>30) presented a two-fold higher accident rate than non-obese drivers  Method not reported	-	-	-	-	-	-	-	-	-	Poor
Circadian rhythms of arterial pressure, heart rate and oral temperature in truck drivers	Stoynev	1997	Bulgaria	12	46.3	-	Cross sectional	-	-	118.8(5.4)/77.2(5.2) outward journey, 117.6(5.0)/77.3(5.0) homeward journey  Objectively measured	-	-	-	-	-	-	-	Poor

Effect of truck driving on health of Japanese middle-aged male workers of a transport company - Multiple regression analyses for blood pressure and HbA(1c)	Suwazono	2000	Japan	161	50.29(6.90)	100%	Cross sectional	23.80(3.36)  Objectively measured	-	134.78(18.73) / 80.37(11.13)  Objectively measured	Total Chol: 202.8(1.188) mg/dL  HDL: 52.53(1.302) mg/dL  HbA1c: 5.26(1.153) %  Objectively measured	-	-	-	-	Current smoker: 66.4%  Consumes alcohol: 76.7%  Self-reported	Fair
Factors associated with truck crashes in a large cross section of commercial motor vehicle drivers	Thiese  Study K	2015	United States	797	47.2(10.5)	85.9 %	Cross sectional	32.9(7.5)  <25: 10% 25-30: 27.5% 30-40: 47.6% / >40: 14.3%  Objectively measured	Waist: 44.6(6.8) inches  Hip: 45.1(5.5) inches  Neck: 16.7(1.8) inches  Objectively measured	131.9(17.4)/ 84.3(10.7)  Previously hypertension : 28.9%  Normal (<140/<90): 58.7% Stage 1 hypertension (140-59/90-99): 35.8% Stage 2 (160-70/100/109): 9.9% Stage 3 (>180/110): 2.3%  Objectively measured	Total Chol: 191.5(41.2) mg/dL  <200mg/dL: 61.2% >200mg/dL: 38.8%  LDL: 112.7(33.9) mg/dL  HDL: 36.6(14.1) mg/dL  Previously high cholesterol (>200mg/dL) : 26.7%  HbA1c: 5.0(1.2)  Diabetes: 10.7%  Objectively measured	-	Heart problems : 6%  Self-reported	-	Total PA 4.7(6.1)hrs/ week  Regular exercise: 57.7%  Self-reported	Regular tobacco use: 49.6%  Regular alcohol consumption: 58.9%  Self-reported	Poor

A Clinical Trial on Weight Loss among Truck Drivers.	Thiese	2015	United States	12	50.7	100%	12-week Intervention	39.7(12.7) Objectively measured	Waist: 125(22.5)cm Hip: 123.5(18.9)cm Neck: 47.5(8.0)cm Objectively measured	133.0(18.0) / 85.0 (12.0)	Total Chol: 186.0(56.0) mg/dL HDL: 29.0(8.0) mg/dL LDL: 103.5(57.5) mg/dL Glucose: 123.0(51.0) mg/dL Objectively measured	-	-	3,036(1792) kcal/day 133.9(80.0) g fat/day 45.7(31.2) g saturated fat/day 313.4(140.9) g carbs/day 24-hr recall questionnaire	0 (120) mins PA/week Self-reported	-	Fair
Multiple Conditions Increase Preventable Crash Risks Among Truck Drivers in a Cohort Study	Thiese Study B	2017	United States	38,184	47.4 (10.4)	98.8 %	Retrospective cohort	31.4(7.1) Objectively measured	-	Hypertension : 16.1% Objectively measured	Diabetes: 6.1% Self-reported	Nervous disorders: 1.7% Self-reported	Heart disease: 1.0% Self-reported	-	-	Drug use: 0.1% Self-reported	Fair
A retrospective analysis of cardiometabolic health in a large cohort of truck drivers compared to the American working population	Thiese Study B	2018	United States	88,246	46.0 (10.4)	95.6 %	Retrospective cohort	31.7(7.2) Objectively measured	-	126.8(13.8)/81.1(8.1) Hypertension : 17.9% Objectively measured	Diabetes: 7.3% Self-reported	-	Heart disease: 1.9% Self-reported	-	-	Frequent alcohol use: 0.2% Self-reported	Fair
Commercial Driver Medical Examinations: Prevalence of Obesity, Comorbidities, and Certification Outcomes.	Thiese Study B	2015	United States	88,246	47(10.4)	95.6 %	Repeated cross-sectional	2005: 30.6(6.9) 2012: 32.6(7.2) Objectively measured	-	126.8(13.2)/82(8.1) Hypertension : 2005: 17.1% 2012: 23.9% Objectively measured	Diabetes: 2005: 4.4% 2012: 5.9% Self-reported	Psychiatric disorders: 2005: 1.3% 2012: 1.8% Self-reported	Medication: 2005: 0.6% 2012: 1.4% Cardiovascular: 2005: 2.5% 2012: 3.4% Stroke:	-	-	-	Fair



													2005: 0.1% 2012: 0.1%				
Repeated Cross-Sectional Assessment of Commercial Truck Driver Health	Thiese Study B	2015	United States	95,567	46(10.4)	95.8%	Repeated cross-sectional	31.7(7.2) >35: 2.2%  Objectively measured	-	Hypertension : 23.9%  Objectively measured	Diabetes: 5.9%  Self-reported	-	Cardiovascular problems : 3.4%  Stroke 0.1%  Self-reported	-	-	-	Fair
Exercise among commercial truck drivers	Turner	2011	United States	300	47(10)	86.3%	Cross sectional	34.5(7.1) >25: 93.3% >30: 53% >40: 20%  Objectively measured	-	-	-	-	-	-	No exercise during the past 7 days: ~20%  No 30 mins continuous exercise in the past 7 days: ~50%  Self-reported	-	Fair
When does stress end? Evidence of a prolonged stress reaction in shiftworking truck drivers	Ulhoa Study I	2011	Brazil	42	Day shift: 39.0(4.9) Irregular shift: 40.6(7.2)	100%	Cross sectional	Day shift: 26.4(4) Irregular shift: 28.5(4)  Objectively measured	Waist-hip ratio: Day shift: 0.9(0.1) Irregular shift: 1.0(0.1)  Objectively measured	Day shift: 131.3(14.7) / 84.6(10.5) Irregular shift: 138.8(13.6) / 90.1(10.8)  Objectively measured	Triglycerides : Day shift: 197.3(163.1) mg/dL Irregular shift: 203.1(86)mg /dL  Total cholesterol: Day shift: 184.5(50.4) mg/dL Irregular shift: 205(36.9)mg /dL  LDL:	Irregular shift higher cortisol levels than day-shift workers, suggesting a prolonged stress response in the irregular-shift group.  Minor psychiatric disorder score: Day shift: 2.9(2.3) Irregular shift: 2.2(2.4)	-	-	-	Current smokers: Day shift: 11.5% Irregular shift: 16.1%  Consume alcohol: Day shift: 65.4% Irregular shift: 54.8%  Self-reported	Fair

											Day shift: 108.4(36.7) mg/dL Irregular shift: 125.6(32.4) mg/dL  HDL: Day shift: 41.1(12.5)m g/dL Irregular shift: 38.7(10)mg/ dL  VLDL: Day shift: 28.7(17.9)m g/dL Irregular shift: 40.6(17.2)m g/dL  Glucose: Day shift: 90.4(13.5)m g/dL Irregular shift: 89.5(9.6)mg/ dL  Objectively measured	Job demand score: Day shift: 16.9(2) Irregular shift: 14.1(3.0)  Job control score: Day workers: 15.2(3.1) Irregular shift: 14(2.0)  Self-reported						
Minor psychiatric disorders and working conditions in truck drivers.	Ulhoa  Study H	2010	Brazil	460	39.8	97.9 %	Cross sectional	>25: 62.4%  Self-reported	-	-	-	Causes of stress, tension or fatigue at work: Intense traffic: 52.4% Strict control vehicle tracking system: 36.5% Extensive working hours: 28.7%	-	-	-	Psychotropic drugs: 0%  Self-reported	Fair	

												Low job satisfaction: 51.1%  High demand: 33%  Low control: 54.9%  Low social support in workplace: 60.8%  Minor psychiatric disorders: 6.1%  Self-reported					
Lorry drivers' work stress evaluated by catecholamines excreted in urine	Van der Beek	1995	Netherlands	32	38.2(8.0)	100%	Cross sectional	26.3(4.2)  Method not reported	-	-	-	Psychosocial job strain was positively related to psychosomatic complaints  Self-reported	-	-	-	-	Poor
Associations Between Musculoskeletal Conditions Risk, Sedentary Behaviour, Sleep, and Markers of Mental Health	Varela-Mato  Study L	2019	United Kingdom	88	48.5 (9.4)	100%	Cross sectional	28.5(4.0)  Healthy: 20.5% Overweight: 46.6% Obese: 33%  Objectively measured	-	-	-	Anxiety borderline/abnormal: 35.6%  Depression borderline/abnormal: 17.2%  Self-reported	-	-	Sitting time at work <8 hours/day: 37.5%  >8hours/day: 62.5%  Objectively measured	-	Good
Cross-sectional surveillance study to phenotype lorry drivers' sedentary behaviours, physical	Varela-Mato  Study L	2017	United Kingdom	159	50	100%	Cross sectional	Median (range): 28.8 (20-47)	Median (range): Waist: 102.1 (77.5-146.5)cm	Median (range): 129.0 (108.5-164.0) /81 (63.0-104.0)	Median (range): Total Chol: 4.9 (2.6-7.5) mmol/L	Anxiety borderline/abnormal: 31%	CV related medication (BP, thrombosis,	Median (range): Fruit/veg portion/day: 5 (0-15)	Sitting on workdays: 13hours/day	Smoking: 122.5 cigarettes/week  Average alcohol consumption:	Good

activity and cardio-metabolic health								Body fat: 26% Objectively measured	Waist-hip ratio: 0.95 (0.8-1.1) Objectively measured	Objectively measured	HDL: 1.4 (0.6-2.6) mmol/L LDL: 3.0 (1.0-5.7) mmol/L Triglycerides: 1.5 (0.1-6.9) mmol/L Objectively measured	Depression borderline/abnormal: 15.5% Self-reported	cholesterol): 12.4% Self-reported	Self-reported	Sitting non-workdays: 8 hours/day Objectively measured	9 units/week Self-reported	
Long-haul truck drivers want healthful meal options at truck-stop restaurants.	Whitfield Jacobson	2007	United States	92	44.34 (10.61)	87%	Cross sectional	32.63 (8.02)  Normal: 13.2% Overweight: 29.7% Obese: 40.7% Extremely obese: 16.5%  Body fat: Women 41.44 (10.33) % Men 29.88 (9.43) %  Objectively measured	Waist: 44.08(7.68)"  Objectively measured	-	-	-	-	Fruit/veg portion/day: 1.72(1.12)  No fruit/veg day: 12%  Food choices index: 56.94(7.66)  Nutrition Attitude Survey: 44.84(5.68)  Self-reported	2.19(2.28) days/week exercised for 30 mins sustained duration  Self-reported	-	Good
Obesity indices are predictive of elevated C-reactive protein in long-haul truck drivers.	Wideman Study A	2016	United States	262	46.6(10.5)	100%	Cross sectional	33.4  Objectively measured	Waist: 115cm Hip: 115.6cm Sagittal abdominal diameter 32.2cm  Waist to height ratio 0.637	128.5/80.6  Objectively measured	Total Chol: 168.2(30.2) mg/dL  >200mg/dL: 11.4%  HDL: 35.1(10.7)mg/dL	-	Metabolic syndrome characteristics mean = 2.73  ≥3 metabolic	-	Inactive/sedentary: 39.4%  Self-reported	Current smoker: 39.6%  Self-reported	Good

								Objectively measured			<40mg/dL: 65.2%  Glucose: 92.1(26.3)mg/dL  >100mg/dL: 27%  Objectively measured		syndrome characteristics 58%  Elevated C-reactive protein concentrations: 66.1%  Objectively measured				
Commercial drivers' health: a naturalistic study of body mass index, fatigue, and involvement in safety-critical events.	Wiegand	2009	United States	103	-	-	Prospective cohort	20-24.9: 18.4% 25-29.9: 28.2% >30: 53.4%  Objectively measured	-	-	-	Fatigue ratings: observer rating of drowsiness OR 1.22 for obese drivers.  PERCLOS OR obese 1.69 greater risk of fatigue  Objectively measured	-	-	-	-	Poor
Reducing Commercial Truck Driver BMI Through Motivational Interviewing and Self-Efficacy	Wilson	2018	United States	19	44.8	100%	4-week intervention	36.1(5.9)  Objectively measured	-	-	-	-	-	-	-	-	Poor
Cross-border truck drivers in Hong Kong: their psychological health, sexual dysfunctions and sexual risk behaviors.	Wong	2007	Hong Kong	193	<31: 14.7% 31-40: 30% 41-50: 38.4% >50: 16.8%	100%	Cross sectional	-	-	-	-	Change in psychological health: No change: 48.19% Better than before: 10.88%	-	-	-	>2 packs/ day: 9.4% 1-2 packs/ day: 21.4% 0.5-1 pack /day: 9.9% <0.5 pack /day: 12.5% Do not smoke: 46.9%	Fair

												Feeling anxious: 25.91%				Do not consume alcohol: 54.69% Strong liquor: 10.9% Beer 31.8% Wine 5.2%	
												Feeling depressed: 14.51% Self-reported				Self-reported	
The impact of work nature, lifestyle, and obesity on health- related quality of life in Chinese professional drivers	Wong	2012	Hong Kong	350	50.1(8 )	99.4 %	Cross sectional	Obesity (>25kg/ m <sup>2</sup> / waist >80cm(f) >90cm( m)) : 60%	-	-	-	-	-	Fruit/veg >5/day: 1.1%	Regular exercise: 42.9%	Current smoker: 21.1%	Fair
								Objectiv ely measure d						Frequency of eating out /week: <6 times: 39.4% 6-10 times: 35.7% >10 times: 24.9%	Self- reported	Current drinker: 57.4%	
														Self- reported		Self-reported	
Predictors of Intentions to Make Healthier Eating Choices among Midwestern Truck Drivers	Yen	2019	United States	146	41.5	76.5 %	Cross sectional	32.7 (range 18.01- 32.7)	-	-	-	-	-	-	-	-	Poor
								Self- reported									
Magnitude and Contributing Factors of Low Back Pain among Long Distance Truck Drivers at Modjo Dry Port, Ethiopia: A Cross- Sectional Study	Yosef	2019	Ethiopi a	422	37.7	100%	Cross sectional	18.5- 24.9: 43.5% 25-29.9: 48.5% >30: 8%				Perceived job stressful: 75.8%	Chronic disease: 41.8%		No habit of regular PA: 63.8%	Habitual smokers: 31% Chatting chewers: 34.8% Alcohol drinkers: 66%	Good
								Objectiv ely measure d				Self-reported	Self- reported		Self- reported	Self-reported	